



Wellbeing Insights



BUILD YOUR OWN BITES

Cucumber Salads

Cucumber salads are a refreshing, versatile dish that can be customized for any occasion. With just a few ingredients and different preparation methods, you can create a variety of flavorful salads that are light, crunchy, and satisfying.

Step 1: Consider Your Options

The first step in creating a cucumber salad is selecting the type of cucumber to use.

- **English Cucumbers:** These cucumbers are long, seedless, and have a smooth skin. They're perfect for salads because they're less bitter and have a mild flavor.
- **Persian Cucumbers:** Smaller and sweeter than English cucumbers, Persian cucumbers are great for snacking or adding a crisp texture to your salad.
- **Regular Cucumbers:** The classic cucumber with waxy skin. If you choose these, be sure to peel them, as the skin can sometimes be bitter.

Continued on page 2

In This Issue

- 01 [Build Your Own Bites: Cucumber Salad](#)
- 03 [Parenting Corner: When Life Gives You Tantrums, Make Teachable Moments](#)
- 05 [Health Literacy Highlight: Packing Peace of Mind: Being Medically Prepared for Travel](#)
- 06 [Curiosity: The Brain's Secret to Lifelong Growth](#)
- 07 [Soak Up the Season: How to Align with Summer's Expansive Energy](#)

Looking for ways to boost your self-care routine? [Click here](#) for your daily inspiration!



Cucumber Salads

Continued from page 1

Step 2: Build Your Base

Prep your cucumbers by either slicing, chopping, julienning, or smashing them. Thin slices offer a classic crunch; while chopping or julienning provides a heartier texture. Smashing cucumbers releases their juices, making them more flavorful and perfect for absorbing dressings.



Step 3: Venture into Variations

Using two cups of cucumber prepared to your liking, try these four quick and simple variations of cucumber salad. Simply toss all ingredients together before serving:

Creamy Yogurt Dill



Ingredients

- ½ cup Greek yogurt
- 1 Tbsp. fresh dill, chopped
- 1 Tbsp. lemon juice
- 1 garlic clove, minced
- Salt and pepper, to taste

Serve with any main meal with a kick to it. The cooling nature of cucumber, fresh herbs, and yogurt balances the heat from certain seasonings and spices.

Asian Style



Ingredients

- 2 Tbsp. rice vinegar
- 1 Tbsp. sesame oil
- 1 Tbsp. soy sauce
- 1 tsp. red pepper flakes
- 1 Tbsp. sesame seeds
- 2 green onions, chopped
- ½ red or yellow bell pepper, chopped

Serve with stir fry or your favorite Asian-inspired main dish.

Mediterranean



Ingredients

- 1 cup cherry tomatoes, halved
- ½ cup Kalamata olives, pitted and chopped
- ¼ cup feta cheese, crumbled
- 2 Tbsp. olive oil
- 1 Tbsp. red wine vinegar
- 1 tsp. oregano

Serve with cooled whole wheat pasta in your favorite shape and a protein, such as chickpeas or grilled chicken, for a light but satiating pasta salad.

Watermelon Mint



Ingredients

- 4 cups cubed seedless watermelon
- 3 green onions, chopped
- 2 Tbsp. minced fresh mint
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. olive oil
- Salt and pepper, to taste

Serve with grilled chicken or fish or bring along to any backyard BBQ for a refreshing side dish.



PARENTING CORNER

When Life Gives You Tantrums, Make *Teachable Moments*

Tantrums are a normal part of child development, often resulting from a child's inability to verbally express big emotions. While challenging and exhausting, these outbursts offer valuable opportunities for growth and learning. With the right approach, tantrums can become teachable moments that help children learn emotional regulation and resilience.

1 Model Self-Regulation

Daniel Siegel, MD and co-author of *The Whole-Brain Child*, suggests that, "Your calm in the storm is what helps them find their calm." Children look to adults for cues on how to react in stressful situations. By staying composed, you can model emotional regulation and teach children how to manage their emotions.

2 Foster a Positive Inner Voice

As adults, we play a pivotal role in shaping how children perceive themselves and others. The words we speak to children — especially repeatedly — become their inner voice. During tumultuous moments, phrases like, "I hear you," "It's okay to feel sad," and "Let's take deep breaths together" can help your child feel heard and ensure their inner voice is positive and encouraging.

3 Name the Emotion

After the storm settles, help your child label their feelings to build their emotional vocabulary. For example, consider saying, "It seems you were really frustrated when you couldn't play that game." Expanding your child's vocabulary of emotions beyond basic terms like "sad," "mad," "happy," etc., can help them better tune in to their feelings, label them, and work through them.

4 Set Boundaries with Compassion

When children's feelings are validated, they're more likely to cooperate and less likely to act out. Empathize with your child's emotions while setting clear boundaries. Explain why certain behaviors are unacceptable — "It's okay to feel angry, but it's not okay to hit."

Continued on page 4

When Life Gives You Tantrums, Make Teachable Moments

Continued from page 3

5 Build Problem-Solving Skills

Once your child calms down, discuss what happened and brainstorm solutions together for how to manage similar situations in the future. Encourage critical thinking with questions like, *"What could we do differently next time?"*

6 Demonstrate Healthy Coping Mechanisms

Demonstrate healthy ways to cope with stress, such as taking deep breaths or using positive self-talk. These practical tools help children learn how to navigate their emotions effectively.

7 Praise Positive Behavior

Reinforce good behavior by praising your child when they handle situations well. Celebrate their efforts and progress — no matter how small.



Packing Peace of Mind: *Being Medically Prepared for Travel*

Don't let your summer vacation get derailed by an unexpected illness or injury. Ensure a safer, more enjoyable trip with these simple tips:

Plan Ahead

- Before your trip, check with your health plan to understand your care options.
 - » Find out if they offer a nurse hotline or telehealth services. Note how to reach them and any potential costs.
 - » Register for these services before your departure so you have access to care if needed.
 - » Use the Provider Finder to look up in-network clinics or hospitals at your destination and save these locations to your Google Maps or contacts.
- Ensure you're up to date on routine vaccinations and that you have any necessary prescription refills.
- If traveling internationally, consider purchasing travel insurance if your health plan does not cover overseas care.

Pack Smart

Some supplies and medications may be expensive or hard to find on your trip.

If you have specific medical conditions:

- Carry a letter from your provider describing the condition(s) and any prescription medicines you take, including the generic names for each medication.
- Have extra supplies and medications on-hand in case your trip is delayed.
- Note that some countries have restrictions on medications, so check with the [U.S. Embassy](#) for the country you are visiting.

Be prepared to treat common illnesses and injuries by putting together a **travel health kit**. Below is a [list of items to consider](#), but what you pack depends on your destination and its specific health risks. Check the [CDC's Destination webpages](#) for more information on health risks and packing recommendations.

OTC Medications



- Antacid
- Antihistamine
- Cough drops
- Cough suppressant
- Decongestant
- Diarrhea medication
- Laxative or stool softener
- Motion sickness medicine
- Topical muscle pain relief (Salonpas, Biofreeze, etc.)
- Pain and fever medicine (Tylenol, Ibuprofen, etc.)
- Sleep aid

Supplies



- First-aid kit
- Earplugs
- Eye mask, for sleeping
- Disease-specific rapid tests
- Condoms
- Glasses, extra contacts, eye drops
- Hand sanitizer
- Insect repellent
- Sunscreen, sunglasses, hat
- Medical alert bracelet/necklace
- Immune-boosting agents (elderberry, immune-boost multivitamin, etc.)

Curiosity: The Brain's Secret to *Lifelong Growth*

As kids, we're naturally curious, constantly asking "why" and exploring the world around us. But as adults, curiosity often takes a back seat to routines, responsibilities, and the belief that we already know enough. The truth is, curiosity isn't just for children — it's a powerful tool that keeps our brains sharp, fuels creativity, and helps us connect with and understand other people better.

If you've ever felt energized by learning something new or experienced the thrill of figuring something out, you've already tapped into the power of curiosity. But how does curiosity affect the adult brain, and why should we nurture it throughout life?

Curiosity keeps your brain strong.

When we're curious, the brain releases dopamine, a neurotransmitter that drives motivation and pleasure. This not only makes learning feel enjoyable but also strengthens memory.

In fact, research suggests that curiosity improves our ability to retain information — not just about the topic we're interested in, but also about unrelated details we come across in the process. In other words, when your brain is in "curiosity mode," it becomes a sponge for knowledge.

Curiosity fuels growth and creativity.

Whether you're tackling a complex work project, learning a new skill, or simply rethinking old habits, curiosity helps break through mental roadblocks and keeps life exciting. When we're curious, we seek out new perspectives, question assumptions, and connect ideas in ways we might not have otherwise. This is the foundation of creativity and problem-solving.

Curious people tend to:

- Find solutions faster when faced with challenges.
- Adapt better to change and uncertainty.
- Stay open to new ideas and opportunities.

Curiosity helps you stay engaged in life.

Studies have shown that people who actively cultivate curiosity tend to feel more fulfilled and resilient in life. Curiosity can help combat boredom, reduce stress, and even strengthen relationships. Why? Because curiosity encourages us to stay present, ask deeper questions, and engage more fully with the world around us. Instead of going through the motions, we start to seek meaning and richness in everyday experiences.

How to Reignite Curiosity as an Adult

If you feel like your curiosity has faded over time, don't worry — it's never too late to reignite it. Here are a few ways to bring more curiosity into your daily life:

1. **Try something outside your comfort zone:** Take a class, pick up a new hobby, or start a passion project.
2. **Have deeper conversations:** Instead of simply engaging in small talk, ask people about their interests, experiences, and perspectives. Take on the role of the learner in the conversation and truly seek to better understand the other person.
3. **Follow your natural interests:** Read about topics that fascinate you, even if they seem unrelated to your job or daily routine.
4. **Stay open to not knowing:** Curiosity thrives when we embrace uncertainty and the excitement of discovery. Instead of responding to the unknown with fear or defensiveness, embrace the opportunity to get curious about something new.





Soak Up the Season: How to Align with *Summer's Expansive Energy*

Summer is a season of outward energy, vitality, and bold possibility. As the days stretch longer and the sun shines brighter, the natural world reaches a peak of activity, and we can mirror that movement in our own lives. With its expansive warmth and light, summer offers the perfect opportunity to step out, recharge, and realign with what energizes and inspires us.

Key Aspects of Summer Energy Include:

- **Action & Boldness:** Take your cues from nature in full bloom. Now is the time to be courageous, spontaneous, and expressive. Let go of overthinking and allow yourself to move forward with confidence and clarity.
- **Social Connection & Community:** Summer invites us to gather. Deepen your relationships, seek out moments of joy and play, and nurture community through shared experiences and open-hearted connections.
- **Warmth & Grounding:** Amid the vibrancy of the season, remember to stay rooted. Let the sun's steady presence inspire inner stillness, self-awareness, and mindful presence. Striking the balance between energy and calm will allow you to move through life with intention rather than urgency.

Aligned Actions for Summertime

Move Your Body Outdoors

Morning walks, hikes in the woods, beach swims, paddleboarding, or even outdoor yoga sessions allow your body to soak in vitamin D while increasing circulation and uplifting your mood. Let the environment energize you — breathe deeply, stretch fully, and feel your body in motion under open skies. Even small moments, like stretching on your balcony or walking barefoot on grass, can give you a nice boost of vitality.

Eat Seasonally and Hydrate Mindfully

Nourish with light, refreshing foods that support the body during the heat. Choose water-rich produce like cucumbers, watermelon, zucchini, leafy greens, berries, and peaches — nature's own cooling system. These foods not only hydrate but also support digestion. Mindful hydration is key, too; sip water slowly and consistently

Continued on page 8

Soak Up the Season: How to Align with Summer's Expansive Energy

Continued from page 7



throughout the day. Try infusing water with herbs like mint or basil or adding citrus or cucumber slices for a gentle lift. Herbal iced teas (like hibiscus, chamomile, or nettle) are great alternatives to caffeine-heavy drinks, helping you stay grounded and energized.

Engage in Creative Expression

Summer's bold, expressive energy makes it an ideal time to explore creativity in all its forms. Think of creativity not just as making art, but as any form of self-expression — writing in a journal, rearranging a space, planting a garden, dancing under the stars, or even experimenting in the kitchen. Use this time to reconnect with the part of you that feels alive when you're making something just for the joy of it. Let your creativity be lighthearted, experimental, and free.

Spend Time in Nature

Summer is when nature is most alive, and being in it helps us feel more alive, too. Whether it's a hike in the forest, a walk on the beach, a morning coffee on your porch, or lying under a tree, these moments of natural connection regulate the nervous system and restore mental clarity. Try spending time in nature without an agenda — simply notice the wind, the sun, the birdsong, the way plants stretch toward the light. This type of presence naturally grounds you and helps recalibrate your energy in the midst of a busy season.

Gather with Intention

Sharing meals and laughter in community strengthens emotional wellbeing and honors summer's natural call for connection and expansion. Longer days, warm evenings, and abundant fresh produce create an ideal atmosphere for celebration. Whether it's a laid-back picnic in the park or a vibrant backyard BBQ, sharing meals outdoors invites ease, joy, and spontaneity. Hosting during summer doesn't have to be elaborate; focus on seasonal, simple dishes and creating a relaxed setting. It's about presence, not perfection.

Take Bold Action Toward a Meaningful Goal

Summer's expansive, high-energy vibe makes it an ideal time to do the thing. Start that project, launch that idea, or make progress on a goal your winter self only dreamed of. Ask yourself: What was winter me waiting to do? Now is the time. Use this season's clarity and drive to plant seeds of intention that will blossom into something your future self will thank you for.

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